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MPCE-046

MASTER OF ARTS (PSYCHOLOGY)
(MAPC)

Term-End Examination

June, 2026

MPCE-046 : APPLIED POSITIVE PSYCHOLOGY

Time : 3 Hours

Maximum Marks : 100

Note : *All Sections are compulsory.*

Section—A

Note : *Answer any **two** of the following questions in about **600** words each.*

2×20=40

1. Differentiate between emotion, mood and affect and describe ways to manage emotions effectively. 20
2. Explain mindfulness. Describe the mindfulness-based interventions. 5+15

3. Explain the diathesis-stress model and elaborate the strategies and techniques for stress management. 20

Section—B

Note : Answer any *five* of the following questions in about **250** words each.

5×10=50

4. Describe the VIA classification of strengths and virtues. 10
5. Differentiate between self-forgiveness and interpersonal forgiveness. Explain the determinants of self-forgiveness. 10
6. Explain the Indian perspective on happiness. 10
7. Explain hope and describe the model of hope as given by Snyder. 10
8. Describe the components of positive schooling. Discuss the positive interventions in the school context. 5+5
9. Discuss meaningful work at the workplace. 10

[3]

Section—C

Note : Write short notes on any **two** of the following in about **100** words each.

2×5=10

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| 10. Types of research design. | 5 |
| 11. The challenge to sustainable happiness. | 5 |
| 12. Circumplex model of family. | 5 |

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